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Spring 1990

The AIDS Project Newsletter, Vol.3, No.1 (Spring 1990)

John Moore

The AIDS Project

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THE AIDS PROJECT NEWSLETTER

A Publication of The AIDS Project, 22 Monument Square, Fifth Floor, Portland, Maine 04101

Spring 1989 1990

Volume 3 Number 1

Acting Director's Message

by Perry S. Sutherland

So how does one begin to provide an update on the changes that have occurred at The AIDS Project since October? From a change in administration, a reduction in office space, and an increase in the demand for services, we have had quite an intense transitional period.

Staff changes have included the departures of Executive Director Bob Mitchell and Director of Volunteer Services, Peggy Quinlan. And we are announcing the arrival of Diana Carrigan, Case Manager for the region including Androscoggin and Oxford Counties.

As Peggy leaves, and as finances prevent us from filling the position, we are looking to restructure our volunteer program. Are there any volunteers out there who would energetically accept leadership/coordinator responsibilities?

And as Diana Carrigan comes aboard, we recognize the need for assisting the development of support services and

volunteer resources in the Androscoggin & Oxford County areas in conjunction with the Androscoggin Valley AIDS Coalition.

You'll certainly notice a change in our office space next time you stop by. We've reduced our size at Monument Square by almost 40%, and are planning to continue cutting our overhead costs. Unfortunately, with the budget crunch, we've also had to ask staff to reduce their time by 20%. Reductions are difficult when demand for services increases, but we're doing what we believe is necessary to keep The Project healthy.

At the same time, we are formulating a more solid financial plan (*see John Preston's comments below*). The need for expanded service in each of our programs will undoubtedly continue. Our mission and planning needs to effectively respond to these increasing needs.

From The Board of Directors

by John Preston

The AIDS Project's financial problems are tragic. They're not only devastating because our agency's funding needs are so great, they're awful because they're growing so quickly. The pressures on The AIDS Project's limited resources are constant evidence that AIDS is steadily growing in Maine, as it is all across the country.

The Board of Directors is committed to undertaking a major fund-raising drive to alleviate the horrible financial status of the agency. We intend to dramatically increase the number of **Every Penny Counts** canisters throughout Southern Maine. We intend to approach fraternal and other civic and religious organizations in the region. We intend to increase the frequency and reach of The AIDS Project's direct mail solicitation and to investigate telemarketing techniques as well.

Our sense of commitment about these activities has sharpened. We are not just trying to save an institution or to perpetuate an agency. Our fund-raising activities are a direct result of a sense of obligation we feel:

To our clients. The AIDS Project has existed in a state of financial crisis since the day it was begun. Our clients have the right to expect us to be a constant, sturdy force in their lives when they approach us for services. Allowing our organization to carry on as anything but a safe and firm foundation for our clients is a dereliction of our duty.

To our staff. The The AIDS Project staff performs some of the most difficult and draining social service work imaginable and they do it for very little money. Their salaries are consistently below levels they could earn elsewhere. The least we can do in the face of this dedication is to make sure the staff works in an atmosphere of security and confidence.

To our community. The entire community deserves to know that there is a professional agency dealing with AIDS, the greatest threat to our public health.

To our future. The AIDS Project is now focused primarily on delivering services to our clients. Our on-going financial crises have kept us from doing all the educational work we have to do. Every cent we don't spend on education - the most potent means we have to stop this epidemic - the more money we'll have to spend on client services in the future.

Education today means fewer AIDS cases tomorrow.

Please remember all of this when you see an **Every Penny Counts** canister at your local store, when you receive a direct mail appeal, when you hear the voice of a The AIDS Project volunteer on the phone, when you see an announcement of yet another fund-raising event.

The Board of Directors is devoted to making The AIDS Project financially secure. But we need all your help to make it happen.

Information for PWA/HIV+ 's Visiting Canada

As of January 1990

From: The Vancouver PWA Coalition

If you are planning to travel to Canada and you have been diagnosed with HIV or AIDS, there are certain facts you should know before you cross the border. Canada, like the United States and many other countries, has a policy which states that persons who are HIV antibody positive are not admissible for entry into the country. The reality is that most visitors are not questioned when they cross the border. However, some are stopped and people have been turned back because of their HIV status. Your best protection for hassle-free travel is knowing the rules.

If border guards suspect that you are HIV antibody positive, they can require that you submit to examination by two medical specialists to determine your state of health. Anyone who "looks ill" or goes to a special "disabled persons" window is suspect. While an examination does not necessarily include testing for HIV, it can. You cannot be discriminated against or denied entry into Canada because you are gay. However, it's been shown that Canadian Immigration personnel have selected people who "look gay" (whatever that means) for screening about HIV-related health issues. The application

and seems to be very much a matter of personal zeal on the part of personnel.

Canadian HIV/AIDS groups are actively working to address the political issue. In the mean time, we advise you to keep a few precautions in mind. Naturally we do not think anyone should volunteer the information that they have HIV/AIDS to Canadian Customs and Immigration personnel. But if your status is discovered somehow (through AZT in luggage, or other means) be prepared to show: a return ticket out of Canada, proof of medical insurance that will pay for care if you require it while in Canada, and adequate funds to meet your daily food and shelter needs while in Canada.

The Vancouver PWA Society is actively working to have Canada become an enlightened and progressive world leader in how it responds to PWA needs. Both before you leave and during your trip, you can contact Advocacy staff at the Vancouver PWA offices for individual orientation or questions. Phone: (604) 683-3381 or FAX: (604) 683-3367, or write Vancouver PWA Coalition, P.O. Box 136 1215, Davie Street, Vancouver, BC V6E 1N4 CANADA

Editor's Message

This issue marks a new beginning for The AIDS Project Newsletter, and a new beginning for me as editor. I am excited about the prospect, and am pleased with the crew we have who are working hard to get the newsletter out. Special thanks are due to the former editor, David Ketchum, for his assistance, advice and encouragement.

We hope to produce a newsletter that is useful and informative, and we welcome your comments and suggestions. Write to us c/o The AIDS Project, 22 Monument Square, Portland, ME 04101. John W. Moore, III, Editor

Submissions to The AIDS Project Newsletter

Please free to submit your contributions: articles, stories, poems, or whatever, related to your dealings with HIV. We can't promise that we will print everything, but we welcome all submissions.

We also accept submissions on IBM PC or compatible 5¼ or 720k 3½ inch diskettes in most wordprocessing formats. Please enclose a printed version of your submission, and if you want your disk to be returned please also enclose a stamped self-addressed mailer and it will be returned to you.

The AIDS Project Newsletter

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The AIDS Project is a non-profit organization dedicated to providing and promoting services to people with AIDS and HIV-infection, advocacy regarding AIDS related issues and concerns, and AIDS related health education and information to the citizens of Maine.

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AIDS: Testing and Privacy Considers the Ethical Issues of the HIV Test

The University of Utah is pleased to announce the publication of the book **AIDS: Testing and Privacy** which will be of special interest to members of The AIDS Project.

As of January 3, 1989, over 80,000 Americans had developed AIDS. The best estimate is that 80,000 Americans will acquire AIDS in 1992. There is no cure for AIDS, and virtually everyone who develops AIDS dies. But death is not the only threat to those who contract AIDS. Discrimination in housing, employment, and insurance is already widespread. The U.S. Government gave sanctions to such behavior when it required HIV testing to screen applicants for the military, Peace and Job Corps, and the State Department.

AIDS: Testing and Privacy looks at AIDS and HIV testing from both a medical and an ethical point of view. Throughout the book, the authors seek to find a balance between the individual right of privacy, which the authors see as fundamental value, and the need to prevent this disease. The question is how to preserve civil liberties while the search for a means to stem the epidemic continues.

The ethical questions in **AIDS: Testing and Privacy** include: 1) should some groups be required to be tested for HIV infection, 2) what limits, if any, should be placed on insurance companies' and employers' ability to test applicants, 3) should people admitted to hospitals be tested, 4) who should have access to test results, and 5) do AIDS patients and their physicians have a moral obligation to warn others who might be at risk?

The decisions we make about HIV testing may well set a precedent for society in the future, as other tests are developed that determine predisposition to a variety of diseases. **AIDS: Testing and Privacy**, which lists for \$18.00, will provide a valuable resource for medical professionals, policy makers, and special interest groups. To order, call the University of Utah Press, toll-free at 1-800-444-8638, ext. 6771, and identify yourself as a member of The AIDS Project to receive the book for \$14.40, special 20% discount.

In Loving Memory

Owen Collins

April 19, 1956 -- March 23, 1990

Anonymous HIV Antibody Testing

by *Chuck Sawyer*

Many people want to know about HIV antibody testing and the location of the nearest anonymous testing site.

A call can be made to The AIDS Hotline at 775-1267 or 1-800-851-2437 Monday through Friday, 9 a.m. to noon and 1 to 5 p.m., or Monday and Wednesday evenings from 6 to 9 p.m. to find out where anonymous antibody testing is performed.

When calling a test site, a counselor should speak with you about your risk level prior to scheduling an appointment. The procedure for anonymous testing should then be explained. Your age and sex should be the only identifying information the test site has. Testing is limited to certain days and times and is done by appointment only. The charge for the test is \$15. The charge may be waived, however, depending on your ability to pay. Payment may be made only in cash, as credit cards or checks limit the procedure's anonymity.

Maine state law requires that pre and post-test counseling be provided when anyone receives an HIV antibody test. The pre-test session usually takes about 45 minutes prior to the actual blood test. When the nurse draws your blood, you will be given a card with a number on it; this will be your identification when you call back for results. The results will take about 10 working days. You must call to schedule a post-test session to receive your results, as they are not given by phone or mail.

Remember, test results do not become a part of your permanent medical records when testing is done **anonymously**. And also remember that no one can test you for HIV antibodies without your written, informed consent.

LEGAL WORKSHOP: WILLS, POWER OF ATTORNEY AND LIVING WILLS

On Saturday, April 28th from 11:00 AM to 3:00 PM, attorneys from the AIDS Legal Referral Project will be at The AIDS Project in Portland to help anyone with HIV-infection who wishes to do a will, power of attorney, or a living will. The workshop and all legal services are free. Please contact The AIDS Project at 774-6877 if you plan to attend.

The AIDS Legal Referral Project is a network of attorneys in Maine who are available to provide free legal services to people with HIV-infection. If you need legal advice or legal assistance, please contact a case manager at the AIDS service organization in your area for a referral.

Statement of the Steering Committee for The International Conference for Persons with AIDS/HIV

The organizers and Steering Committee of the IVth International Conference for Persons With AIDS/HIV met in Madrid, November 24-26, 1989, and discussed the discriminatory practices at border crossings. Specifically we discussed the U.S. policy stating that people with HIV infection must apply for a waiver declaring their HIV status and that this policy directly affects our participation to the VIth International Conference on AIDS in San Francisco in June 1990.

We feel we would jeopardize our right to confidentiality if we apply for this waiver and that this policy threatens, for no public health reasons, our ability to travel. HIV should not be used as a basis for restricting travel. Travel restrictions for persons with AIDS/HIV have not proven to be an ineffective way to prevent the spread of the disease. Persons with AIDS/HIV have long been part of education and prevention.

We, therefore, unanimously agree to withdraw our participation in the San Francisco Conference until the change of regulations, return to our own countries and encourage solidarity with all our partners involved in AIDS work to change this discriminatory policy.

Ronald Durell	National Assoc. of People With AIDS - U.S.A.
Hans-Paul Verhoef	Dutch Assoc. of PWA's - Netherlands
Rolf H. Veidhal	Positiva Gruppen - Sweden
Arne N. Husdal	Pluss - Norway
Mogens Madsen	Positivgruppen - Denmark
Manfred Eichlor	Positive Leben - Austria
Donald deGagne	Vancouver Persons With AIDS Society - Canada
Jean Javanni	Solidarite-Plus-Aparts - France
Manuel Trillo	Ciempies-Comite Ciudadano Anti SIDA - España
Urich Doms	Deutsche AIDS-Hilfe - West Germany
Victoria Yepes	Grupo Organizador IV Conferencia - España

For more information contact the representative in your area. In Canada contact Don deGagne at the Vancouver Persons With AIDS Society at 604-683-3381 or write to us at P.O. Box 136, 1215 Davie Street, Vancouver, BC V6E 1N4.

The Maine Health Foundation is sponsoring a "Texas-Two Step" Dance every other Friday at Ravens. Join the fun, dance from 8:00 till you are tired, or closing. Voluntary contributions go to help People Living With AIDS.

Thanks, Thanks, Thanks!

by Perry S. Sutherland, Acting Executive Director

So many people help make our existence possible, our invaluable volunteers, our financial and moral supporters, local businesses and service organizations, schools, local and state government employees, and the list goes on. We hope that each of you realize how important you are to us, and how much we appreciate your support, though that appreciation may often go unspoken.

We express our sincere gratitude for the multi-faceted work of those volunteers who devote many hours of their time to our mission. Volunteers working with people living with HIV infection help to augment the quality of life for our clients and their supporters. Volunteers who help us manage the day-to-day operations of The Project, as well as participate in fundraising activities, help to keep us vital and visible in the community.

We also acknowledge the hard work and support of several efforts in this Newsletter edition. Our sincere thanks and respect goes to :

The committees who made the **Cut-a-thon** and this year's **Visual AID** auctions possible.

That energetic group of individuals who organized **Alternative Mediums 1990**. Their commitment and effort in making this event successful were remarkable.

The Dignity chapter of Augusta, who organized a fundraiser at Slate's in Hallowell to benefit **Merrymeeting AIDS Support Services, Androscoggin Valley AIDS Coalition, and The AIDS Project**.

We also acknowledge the special efforts of the committee that organizes the Thursday lunch program, as well as the efforts of the Cumberland Congregational Church and First Congregational Church UCC of South Portland to keep our freezer stocked with frozen meals.

Visualization and Healing

Regina Kelley will be writing visualizations periodically for **The AIDS Project Newsletter**. She will conduct a workshop in May; also on April 25, there will be an informal discussion after dinner at the PWA Coalition, 377 Cumberland Avenue, Portland. For more information call the PWA Coalition at 773-8500. **All are welcome.**

AIDS In The Workplace Policy

compiled by Mark D. Rogers

A new feature in The AIDS Project Newsletter will be a summary of an AIDS In the Workplace Policy of a Maine Business. We feel that by making the community aware of the businesses that are confronting the AIDS crisis, they can be an model for all businesses in the area.

If you would like to have a summary of your AIDS In the Workplace Policy published in The AIDS Project Newsletter or if you have questions about AIDS in the Workplace, please send it to The AIDS Project, 22 Monument Square, Fifth Floor, Portland, Maine 04101.

University Of Southern Maine AIDS Policy Summary

PURPOSE

The USM AIDS (Acquired Immune Deficiency Syndrome) policy has been established to protect both the rights of individuals infected with HIV (Human Immunodeficiency Virus) as well as the health and safety of all others at the institution. Current research indicates that AIDS and ARC (AIDS-Related Complex) may develop from HIV infection. Individuals infected with HIV may not always be diagnosed or have symptoms of AIDS. HIV infection is **not** transmitted by casual contact.

DISCRIMINATION

The University of Southern Maine **will not discriminate** in any manner against any person who is infected with HIV. This includes admissions, facilities access, hiring, housing, promotion, tenure and/or termination.

TESTING

The University of Southern Maine **will not require HIV testing** for either its students or employees. Persons who want more information can contact a health care provider either at the University or off-campus.

CONFIDENTIALITY

All University personnel should think carefully before including any information about known or suspected HIV infection in any student or employee record. Information about a person's HIV status may only be included in medical or healthcare records and not in student or employee records of a general nature. Furthermore, it is against the law to disclose HIV test results to anyone without the written consent of the person being tested. This means that no one, under any circumstances, may discuss or share rec-

ords of HIV test results with anyone other than individuals designated in writing by the tested person.

PENALTIES

Disclosing a person's HIV test results without written consent may result in disciplinary measures under University policy. Also, Maine law states that anyone who does tell another's test results may be sued for actual damages and costs, plus a civil penalty of up to \$5,000.00.

SAFETY

In the event of exposure to potentially infectious body fluids (blood, semen, vaginal secretions), surfaces should be cleaned with a commercial disinfectant or household bleach (diluted with 10 parts water). Gloves should be worn while cleaning the area.

USM AIDS TASK FORCE

The USM AIDS Policy establishes a Task Force whose mission is to review, update, interpret and advise regarding the USM AIDS Policy. This Task Force includes representation from all areas of the University Community. To contact a member of the Task Force, call Student Health Services or the Division of Human Resources for more information.

The full USM AIDS Policy is available from Human Resources Policies and Procedures in the offices of all deans and directors, in the libraries and in Student Health Services on both campuses.

For more information call:

USM Student Health Services:

Portland 780-4211

Gorham 780-5411

USM Office of Counseling and Career Services:

..... 780-4050

USM Employee Consultation and Outreach Services:

..... 780-5180

USM Equal Employment Opportunity Office:

..... 780-5171

If you or someone you care about is living with AIDS, is HIV-positive, or is at risk, you're not alone. Dayspring AIDS Support for Central Maine can help. Dayspring offers confidential information, advocacy, education, referral and support groups. And Dayspring can come to you, anywhere in Central Maine. If you're living with, or are affected by AIDS, and you live in Central Maine, you are not alone. Call Dayspring at 873-1127 or 626-3430 and ask for Toni Ervin. All calls are kept confidential.

Coming:

Sunday, June 3, 1990

Romanovsky and Phillips

For More Information Call: 774-6877

MONDAY

AIDS Response of the Seacoast in Portsmouth, NH, runs a support group for PWA's, PWARC's and HIV+'s. The group is open to people from York County. This group is lead by professional facilitators utilizing holistic healing techniques, meditation, visualization, heart centering, music and touch in a supportive and loving environment. For more information and an intake interview, contact: Suzanne Bowman (207) 439-2136.

Support Group for PWA's, families, friends and significant others, every other Monday at Miles Conference Center, Damariscotta, 6:00 -7:00 P.M. Contact Kandy Powell at 563-1709. Sponsored by AIDS Coalition for Lincoln County.

Belfast Area AIDS Support in Waldo County. For PWA's, PWARC's, HIV+'s, friends, family and caregivers. Call 338-3736 (Family Planning) Mon-Thurs 9 A.M.-4:30 P.M. or Alan 548-2929 evenings/weekends for information.

TUESDAY

Morning Support for PWA's, PWARC's, HIV+'s, their families, friends, and caregivers meets from 10:30-12:00 Noon. Location: The AIDS Project, 22 Monument Square, 5th Floor, Portland. Call 774-6877 or 1-800-851-2437 for more details.

Evening Support Group for lovers, friends, caregivers and family members only. Meets from 7:00-8:30 P.M. Call Brooke Alexander at 781-5041 for details and directions.

Support group for PLWA's, PWARC's, HIV+'s their Partners, Families, and Friends - 7:30-9:30. Meets in the CDU Building, 2nd floor, Frisbie Memorial Hospital, Whitehall Road (Route 16), Rochester, NH.

Merrymeeting AIDS Support Services (MASS) A support group for families,

partners & friends of persons with AIDS and HIV disease. Meets the 2nd and 4th Tuesday of each month at 7:00-8:30 P.M. at Parkview Hospital Library in Brunswick. Contact Cecilia Leland at 725-4955 for more information.

Downeast AIDS Network (DEAN) holds a support group for people affected by AIDS every Tuesday evening at 7:00 P.M. in Ellsworth. Call 326-8580 for the location.

AIDS Education & Support Group for Knox County, P.O. Box 1613, Rockland, Maine 04841. Public meetings are held at 7:00 P.M. on the 2nd Tuesday of each month at the University of Maine at Augusta's Thomaston Center. For more information call 354-6906 or 596-6979 or write.

Support Group for Parents and Friends of Lesbians and Gays meets the 4th Tuesday of each month at the Pilgrim House, 9 Cleveland Street, Brunswick. Call 729-9843 for more information.

WEDNESDAY

Merrymeeting AIDS Support Services (MASS) sponsors a group for family and friends of People With AIDS or who are HIV+ which meets Wednesdays 7:00 P.M. to 8:30 P.M. at Beacon House (corner of Beacon and Washington Streets - North End), Bath. For more information call MASS at 725-4955

THURSDAY

Women's AIDS, ARC & HIV+ support group. The group meets 10:30-12:00 at The AIDS Project, 22 Monument Square, 5th Floor, Portland. Facilitated by Diane Elze and Jan Carter. This group is for Women with AIDS, ARC or HIV+ only. Call 774-6877 or 1-800-851-2437 for more information.

Bangor Area AIDS Support Group meets every Thursday evening. Contact the Eastern Maine AIDS Network (EMAN) at P.O. Box 2038, Bangor,

ME 04401, or call 990-3626

HIV+ Support Group meets from 5:30-7:00 P.M. at The AIDS Project, 22 Monument Square, 5th Floor, Portland. This is an open group, no advance contact is needed. Call 774-6877 or 1-800-851-2437.

A Healing Circle for People affected by AIDS is held the 2nd and 4th Thursday of each month in Hancock County. Sponsored by the Downeast AIDS Network (DEAN). For information and directions, call 326-8580.

Support group for People With AIDS or HIV-infection, sponsored by Merrymeeting Support Services, meets every Thursday at 3:15 P.M. - 4:30 P.M. for more information call MASS at 725-4955.

FRIDAY

Support group for PLWA's, PWARC's, HIV+'s their Partners, Families and Friends - 7:30-9:30. at Portsmouth Hospital, Classroom B, Near Main Entrance.

OTHER

AIDS Coalition of Lincoln County is a group focusing on AIDS education in Maine. We welcome PWA's, PWARC's, HIV+'s and their lovers, friends and family members, as well as all concerned people to our meetings. For time and place, call Barbara Brampton at 563-3032.

Friday, April 27th

A Benefit Dance for The Names Project/Maine

at Ravens, Kenebec
Street, Portland

8:00 P.M. til closing.

Donations Accepted at The
Door

Androscoggin Valley AIDS Coalition (AVAC) is a not-for-profit organization with the following goals: To provide community education about AIDS/HIV; to coordinate and support community-based services to people living with AIDS/HIV, their families and significant others; to assess AIDS needs in our communities and present a unified front on AIDS needs issues; and to provide a forum for the exchange of support, professional skills and technical resources. We have been meeting regularly at the Tri-County Chapter of the Red Cross in Auburn since late 1988, and welcome all interested parties to attend our meetings. For more information please write AVAC, P.O. Box 7977, Lewiston, ME 04240, or call 795-4357.

Memorial Day Weekend Candlelight Vigil

A candle light vigil will be held Sunday, May 20th at 6:00 P.M. in Monument Square to be followed by a candlelight march to St. Lukes Cathedral, State Street, Portland for a memorial gathering.

This event will be sponsored by The Names Project/Maine, The AIDS Project, and the People With AIDS (PWA) Coalition of Maine.

This is part of and in support of the Annual International Mobilization Against AIDS.

If you have questions or wish to volunteer for this event, please call David Ketchum at the PWA Coalition 773-8500 or 934-4997.

Out-of-State Hotlines

NH-AIDS Info Line:

(603) 224-3341

(800) 752-AIDS (24 hr. Hotline)

VT- AIDS Info Line:

(802) 254-4444

(800) 882-2437 (VT Only)

Mass.-AIDS Info Line:

(617) 536-7733

(800) 235-2331 (MA Only)

National AIDS Hotline:

(800) 342-AIDS

The AIDS Project Wish List

If you can help us with these items, please call us at:

774-6877

Air Conditioners
Bookcases (for offices and reception area)
Records
Books

Games
Cassette Recorder
IBM Compatible Wordprocessing System with Printer

Ways You Can Help Us Help Others

A General Donation

The AIDS Project relies on the support of its friends to provide services and to provide educational programs. Contributions to support our programs are welcome.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Donation ☐ \$15 ☐ \$25 ☐ \$100 other \$ _____

A Memorial Contribution

To express condolences for the loss of loved ones, many friends choose to make a memorial gift to The AIDS Project. A letter will be sent to notify a surviving loved one or friend of your gift.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Donation \$ _____ In Memory Of: _____

SUBSCRIBE

This Newsletter relies on subscriptions to exist. We are grateful to those who have subscribed, and to those who have not, please do so now. Rates: Individuals \$10/Low Income \$5/Institutions \$30/PWA's Free. Please make your check payable to: The AIDS Project, 22 Monument Square, Fifth Floor Portland, Me 04101. Thank You.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

TAP
22 Monument Square, 5th Floor
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